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THAT'S WHAT WE LIKE ABOUT HUGH

GO FROM WUSS TO WOLVERINE WITH HUGH JACKMAN'S WORKOUT PAGE 10

Shoppers bought up for $12.4B

Loblaw the proud new owner of Canadian pharmacy giant in 'transformational partnership' deal PAGE 5

A not so super hero

Arrested Development actor Michael Cera talks about playing against type in the drug-fuelled indie movie Crystal Fairy PAGE 7

Giving NCC the LRT it wants could cost $180M

Rough estimates. Tunnelling under federal land would take proposed Richmond Underground over budget: City official

ALEX BOUTILIER
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Burying a portion of the Richmond Underground light rail extension under federal lands was estimated to cost under $200 million.

A rough estimate provided to the city in April put the cost of burying the LRT under a 1.2 km stretch of National Capital Commission-controlled land at $180 million.

The estimate, provided by the consulting firm Delcan and released through an access to information request was for a "cut and cover" approach — basically digging a trench, putting in the track, and covering it over.

But Deputy City Manager Nancy Schepers said the estimate was preliminary, and less reliable than the $980 million estimate for the full western LRT project.

"That number was based on very high-level, kind of a rule of thumb estimate. It wasn't based on any really detailed analysis," said Schepers Monday.

"It could be wildly different depending on the construction techniques we'd have to use, depending on ventilation, depending on a number of other things."

The NCC needs to sign off on any proposal that deals with the land they own near Rochester Field. The city has been trying to sell the federally appointed board on a compromise that would see 700 metres of the track in a deep trench, covered by a berm.

That wasn't good enough for the NCC, which declared last month that it was underground or nothing. With a tunnel carrying a price tag in the hundreds of millions of dollars, and direction from the city's transportation committee to keep within the $980 million budget, staff have a hard circle to square.

"If the decision and direction was that it'll be completely buried, so the surface would look exactly the same as today ... that would not be able to be done within $980 million," said Schepers.

"However if we continue applying innovation and creativity within the entire project, I think we could find some trade-offs to look at how we might be able to bury more of it and fully integrate it into parkway plans that the NCC is advancing."

Councillors will vote on the preliminary alignment for the Richmond Underground on Wednesday.

BEWARE OF SUNSHINE

Nick Bryce and Jennifer Stonos soak up the sun on a grassy hill at Westboro beach late Monday afternoon. With temperatures and the UV index soaring, health officials are warning the public to check their sun protection closely to make certain it screens out A and B types of ultra-violet radiation. See story, page 3. JOE LOFARO/METRO

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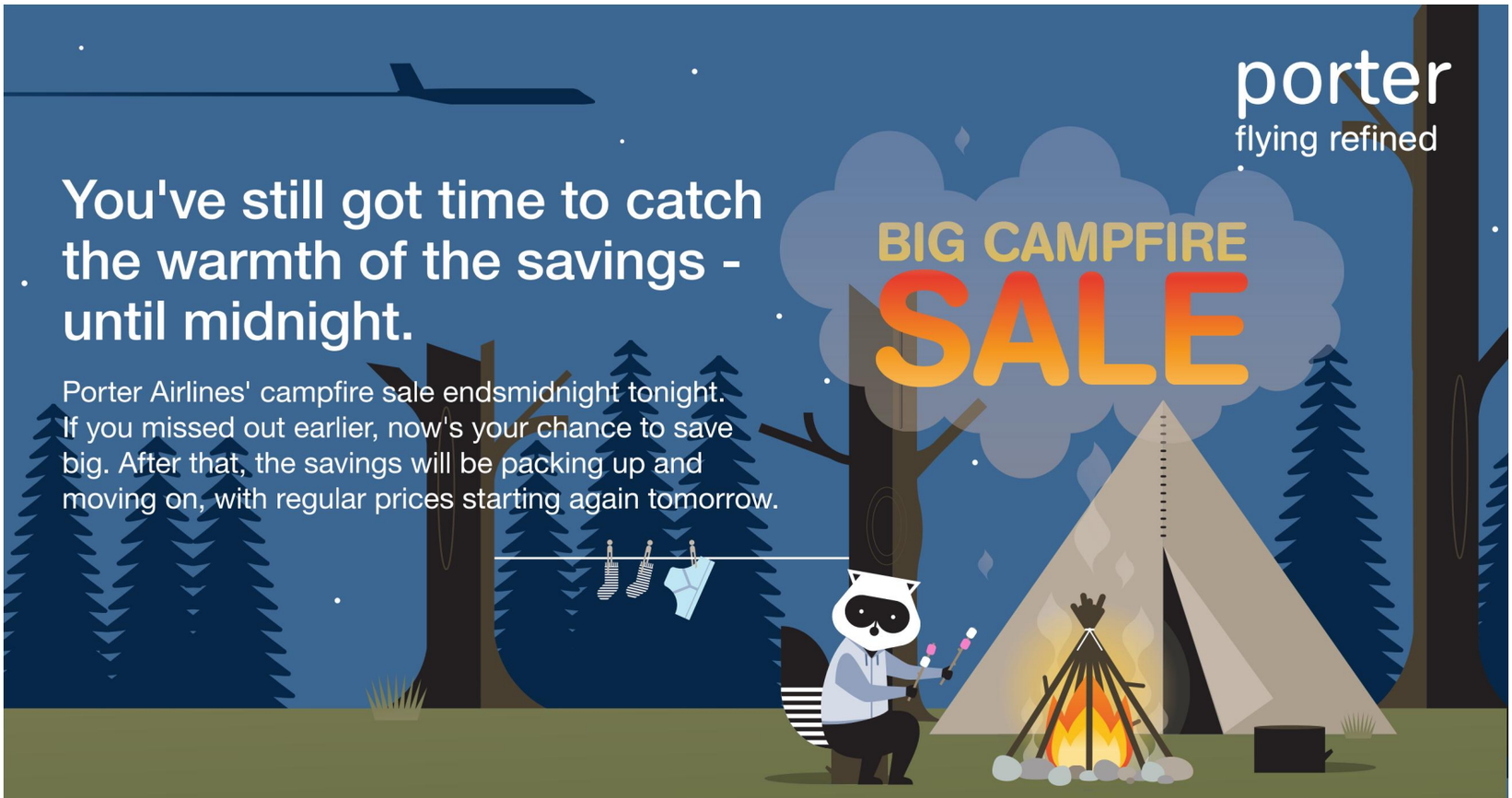

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Ontario Grits, PC campaigns at odds over transit options

Not seeing eye to eye. Ottawa residents will pay for Liberals' Toronto transit plan, Tories warn

JOE LOFARO
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The Ontario Progressive Conservatives say Ottawa taxpayers shouldn't be on the hook for improvements to transit in the Greater Toronto Area, even though the premier has said that won't happen.

Matt Young, the PC candidate for Ottawa-South, and Frank Klees, the party's infrastructure critic, say the provincial government shouldn't be going after taxpayers outside of Toronto to pay $2 billion per year in new taxes for the city's gridlock problem.

Premier Kathleen Wynne is considering a proposal by Metrolinx (formerly the Greater Toronto Transportation Authority) that would see, among other things, a one per cent hike in HST, a five per cent per litre gas tax, and 25 per cent commercial parking levy under the agency's "Big Move" plan.

"In a $128 billion deficit, to find $2 billion a year to fund transit projects does not necessarily mean we have to tax people. In fact, we resent that," said Klees at a press conference at the Greenboro transit station in Ottawa. "We know that we can find that $2 billion within savings within the government."

He said the province would be digging into the pockets of Ottawa taxpayers to come up with the money under the plan.

The premier has said revenue tools outside of Toronto won't be used to pay for the mega-city's infrastructure, but Klees argues the feds will never agree to regionalizing the HST.

Liberal candidate for Ottawa-South John Fraser told Metro the PCs are running their campaign based on fear.

"At the end of the day, the premier has said if you don't live in that region, you're not going to be paying for those solutions," said Fraser. "It's unfortunate that the other campaign feels that it needs to scare people to attract voters.

"That's just something I'm not prepared to do as a candidate or an elected representative. It's about what we can do together."

WITH FILES FROM TORSTAR NEWS SERVICE

Ontario Tory transportation critic, Frank Klees, left, and Conservative candidate for Ottawa-South, Matt Young, speak at a press conference at the Greenboro transit station on Monday. JOE LOFARO/METRO

Not all sunscreens are created equal: Public health

A day after the city sizzled to its first heat record of the summer, the UV Index is set to hit nine in Ottawa Tuesday, leading Ottawa Public Health to point out that not all sunblocks are created equal.

"If your sunscreen doesn't contain UVA protection, you still have that exposure to the sun's rays which ultimately leads to skin cancer," said Ottawa Public Health nurse Emina Campbell, adding that the UV Index gauges how much of the sun's radiation is reaching the surface of the Earth.

Campbell points out that the most effective sunscreens are SPF 30 and above and contain physical barriers such as zinc oxide or titanium dioxide, which scatter the sun's UVA and UVB rays. By contrast chemical-reaction-based sunscreens take UV radiation and convert it into heat.

"What we recommend is that individuals provide broad spectrum protection above SPF 30 and apply 20 minutes before going out," said Campbell.

Some may think they are protected from these rays when they grab a bottle of "broad spectrum" sunscreen from store shelves, yet Health Canada labelling hasn't yet caught up with new regulations for UVA protection that were brought into the U.S. in 2012. The new labelling calls for UVA protection in all "broad spectrum" products, but Canada doesn't have the same rules.

Health Canada is currently considering similar regulations and the public was invited to weigh in until February 2013. "The hope is that when all comments are taken into account, it will bring us in line with the U.S. Food and Drug Administration and EU," said Health Canada spokesperson, Blossom Leung.

This has left many unknowingly unprotected, yet Campbell said there are many other sun safe steps to increase protection.

"Don't use sunscreen as your only protection against the sun's rays," she said. "Keep track of the UV Index. If it's higher than three, protect yourself accordingly. Use a hat and sunglasses with UV protection. Wear loose fitting clothing that's tightly woven and stay out of the sun between 11 a.m. and 4 p.m."

GRAHAM LANKTREE/METRO

Kemptville

Woman struck and killed by truck

Joan Arnold, a 60-year-old woman from Richmond, Ont., died Monday after being struck by a pickup truck on a road through retail development in Kemptville. METRO

Cat's Fish and Chips

Chipping in for youth rehab centre

They say a penny saved is a penny earned, but for new business owners Catherine and Dave Waltham of Cat's Fish and Chips, a dollar saved from each haddock order they served in their first year of operation turned into a $23,177 donation to the Dave Smith Youth Treatment Centre Foundation.

The money raised will go to support Dave's Dream, a campaign to build an all-new youth residential treatment centre, the treatment centre said in a news release. The centre is the only Eastern Ontario facility for anglophone youth with substance abuse issues. METRO

Accident on the job

Gatineau road worker's leg crushed by steamroller

A steamroller crushed the leg of a 52-year-old-man who was doing roadwork on Sabliere Street, Gatineau police say.

Police say the steamroller was being driven by another construction worker when the accident happened.

In a news release, the police force said it was called to 20 Sabliere St. around 11:30 a.m.

When emergency personnel arrived, the man was conscious, but had a large wound to his leg. Paramedics took him to hospital and police say the man's injuries were not life-threatening. METRO

Charity drive

Woman dies in Channel swim

British officials say a woman has died while trying to swim the English Channel as part of a charity drive. A Facebook page set up to promote her swim said Susan Taylor collapsed on Sunday in the water and was airlifted to a French hospital, where she died.
THE ASSOCIATED PRESS

Manitoba flood

Evacuees' hotel to close, denied cash

A Manitoba hotel is being forced to close and evict dozens of 2011 flood evacuees over $3 million in unpaid bills.

The Manitoba Association of Native Firefighters has been given millions to care for evacuees, but Mike Bruneau, owner of Misty Lake Lodge, said the group hasn't paid him since he accused it of squandering money months ago.
THE CANADIAN PRESS

And the lawsuits begin

Lac-Mégantic disaster. Mourner, café owner set for first class-action

A motion to file a class-action lawsuit has been registered by two Lac-Mégantic residents in the opening volley of what could be a years-long, multimillion-dollar legal battle.

It comes just over a week after a deadly train derailment that has already prompted various investigations, including a criminal probe.

The motion was filed Monday by two men who want to sue the owners of the train that killed an estimated 50 people.

One of them is Yannick Gagne, who owned the Musi-Cafe bar where many people died in the tragedy; the other is Guy Ouellet, whose partner of five years, Diane Bizier, lost her life in the blaze. Three of Gagne's employees also died.

Even the lead lawyer on the case was affected by the blast, which destroyed his office.

The defendants are the Montreal, Maine & Atlantic railway (MMA), company chairman Edward Burkhardt, president Robert Grindrod and train operator Tom Harding.

No financial sum was mentioned in court documents, but lawyers predict the case could involve more than $10 million.

The suit seeks damages for people who lost loved ones, for those who were injured and for property and business losses.

Barely a week after the tragedy, law firms have swiftly lined up to get a piece of the potentially lucrative action.

Lawsuits could be filed in Quebec, Maine — the headquarters of MMA — or even Illinois, where the company's parent company is located.

One Chicago firm that specializes in transportation disasters says plaintiffs could stand to gain millions by taking the company to court in the U.S.

"I think the best way to phrase it is that Illinois does not have limits on wrongful-death damages," said Bradley Cosgrove, a partner at Clifford Law Offices. THE CANADIAN PRESS

The motion comes just over a week since a train derailment and massive explosion left Lac-Mégantic's downtown in ruins, killing an estimated 50 people. JACQUES BOISSINOT/THE CANADIAN PRESS

Haligonians won't stand for Chris Brown concert

The promoter for an upcoming concert in Dartmouth, N.S., says he is "not ashamed" for naming Chris Brown as headliner, despite a recent backlash.

"Make no mistake about it, we are not condoning Chris Brown's past behaviour," said Stephen Tobin, owner of Drop Entertainment Group, of the R&B singer, who assaulted girlfriend Rihanna in 2009.

"If somebody does not support the artist, they can show that dissatisfaction … by simply not buying a ticket."

Some Haligonians voiced their disapproval on social media. Mayor Mike Savage and the Avalon Sexual Assault Centre also stated Monday they were disappointed.

Since the announcement, Rogers and Molson Coors have both pulled their sponsorship.

"I think we're sending a message that if somebody makes a mistake, you will never be forgiven," Tobin said.
HALEY RYAN/METRO IN HALIFAX

Hosting a fund-rager

Unrest stirs in Winnipeg

Tobin said other markets have been "overwhelmingly positive," but the woman behind a Winnipeg fundraiser for victims of domestic violence — purposefully set for the same night Chris Brown plays — is taking offence.

"Let's give our money to ... where it's really needed, instead of (in)to his hands, the hands that he uses to hit women," said Susie Parker.
SHANE GIBSON/METRO IN WINNIPEG

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Tories do the shake and shuffle

Prime Minister Stephen Harper gave his cabinet its biggest shakeup since his Conservative government first came to power. Here's 3 things to know:

Half of new faces are women

Eight new faces joined the cabinet, including four women. Shelly Glover, a Manitoba MP, comes aboard as heritage minister; Alberta MP Michelle Rempel, pictured, has been named minister of state for western economic diversification; Ontario MP Kellie Leitch is taking on the labour portfolio; and Manitoba MP Candice Bergen was named minister of state for social development. "To the young women of this country, we can make it in #cdnpoli. Run for office," Rempel tweeted soon after her promotion was announced.

The money won't change hands

Finance Minister Jim Flaherty, Foreign Affairs Minister John Baird and International Trade Minister Ed Fast held on to their key economic portfolios. But a few high-profile ministers did change jobs: Peter MacKay — who flubbed the oath, and needed his glasses — is now the justice minister, and Rob Nicholson the defence minister; and Jason Kenney moved to human resources and skills development.

MacKay, left, Rempel and Flaherty

#shuffle13 is not a playlist

The news came out via Harper's official Twitter account in advance of a formal announcement about the cabinet shuffle. @JustinTrudeau also took to Twitter to voice his feelings on the cabinet shuffle: "The only Minister with any power in this Cabinet is the Prime Minister. Today's shuffle does nothing to change that." ... And now-former junior transport minister @stevenjfletcher voiced his disappointment: "I am Conservative. I am a traditionalist. I wish I left Cabinet in the traditional way — with a sex scandal!

THE CANADIAN PRESS/TORSTAR NEWS SERVICE

Pharmacy wars heat up as Loblaw buys Shoppers

What, no Optimum Points? $12.4-billion deal raises stakes as Weston follows on the heels of Sobeys, which picked up 199 in-store pharmacies last month

Galen Weston, executive chairman of Loblaw, holds his four-year-old son, Graydon Weston, following a press conference in Toronto on Monday announcing that Loblaw Companies Ltd. will acquire Shoppers Drug Mart Corp. for $12.4 billion in cash and stock. MICHELLE SIU/THE CANADIAN PRESS

Two of Canada's biggest retailers have struck an agreement to combine their operations, with Loblaw Companies Ltd. (TSX:L) buying Shoppers Drug Mart Corp. for $12.4 billion in cash and stock.

The acquisition will keep Shoppers' brand name in place and allow it to operate as a separate division of Loblaw, the companies said on Monday.

But, it also raises questions about the next major deal in Canada's hotly pursued pharmacy retailer sector.

Last month, fellow grocer Sobeys picked up the Canadian assets of grocer Safeway for $5.8 billion in a deal that included 199 in-store pharmacies.

"With today's transformational partnership between Loblaw and Shoppers Drug Mart, we are changing the retail landscape in Canada," Galen Weston, executive chairman of Loblaw, said Monday.

"I've long believed that becoming a Canadian health and wellness, and nutrition, champion represented the most powerful next chapter for Loblaw."

Loblaw is offering $33.18 in cash plus about six-tenths of a Loblaw share for each Shoppers Drug Mart common share. The proposal was valued at $61.54 per Shoppers Drug Mart common share based on Loblaw's share price before it was announced, more than a 29 per cent premium on Shoppers' average trading price.

THE CANADIAN PRESS

'Served his time'

Canadian with al-Qaida ties to leave Mauritania

A 24-year-old Canadian man is to be released from a Mauritanian jail after being sentenced to 18 months in prison and a $2,000 fine for alleged ties to al-Qaida's North African branch, known as al-Qaida in the Islamic Maghreb, officials said.

The Mauritanian appeals court decided Sunday to free Canadian national Aaron Yoon, the same day as his sentencing, because he has already been imprisoned for the duration of his sentence, prosecutor Ahmed Ould Abdalla told The Associated Press.

"The court has decided to free the Canadian, Yoon, because he has already served his time. He will be expelled from Mauritania immediately,'' said Abdalla. Yoon was first arrested in December of 2011.

THE ASSOCIATED PRESS

Thailand. School sorry for students' Hitler banner

Thailand's premier university has apologized for displaying a billboard that showed Adolf Hitler alongside Superman and other superheroes, saying Monday it was painted by ignorant students who didn't realize Hitler's image would offend anyone.

The huge billboard was placed outside the art faculty of Chulalongkorn University as part of a tribute to this year's graduating class.

It said "Congratulations" in bold white letters and showed Hitler with his arm raised in a Nazi salute next to Batman, Captain America, the Incredible Hulk and Iron Man.

"(We) would like to formally express our sincere apology for our students' 'Superhero' mural," art school dean Suppakorn Disatapundhu said in a statement issued Monday. "We are taking this matter very seriously." THE ASSOCIATED PRESS

A student poses in front of a superhero-themed banner that included Adolf Hitler at the Chulalongkorn University in Thailand. COURTESY SIMON WIESENTHAL CENTER

Twinkies' defence

Previous company downsized cakes

Twinkies are back, but they may be a bit smaller than you recall. The boxes hitting shelves this week list each cake as weighing 38.5 grams. THE ASSOCIATED PRESS

Market Minute

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NOT ALL RIGHT TO WEAR WHITE

SHE SAYS

Jessica Napier
metronews.ca

I've witnessed my fair share of wedding faux pas over the years — drunken speeches, lewd dance-floor moves, annoying iPhone ringers that erupt in the middle of the "I do." But of all the questionable things I've seen, none of these blunders are as appallingly premeditated as when a woman who isn't the bride shows up to the wedding in a long white dress.

You don't have to be an Emily Post devotee to be familiar with this established piece of etiquette and yet, without fail, there always seems to be at least one guest at every wedding who has the audacity to arrive in her showiest, whitest evening gown. At the last wedding I attended, there were no fewer than three women wearing floor-length frocks in various shades of virginal white. Who are these women and what is running through their brains when they decide to slip into a dramatic dress for someone else's nuptials?

Having a bit too much to drink at the open bar might be frowned upon, but deliberately competing for attention with the bride is unforgivable. It's not just taboo, it's a calculated effort to draw attention to yourself and with every colour of the rainbow at your disposal, there's really no excuse.

I don't care how smoking hot you look or how well it shows off your tan — wearing head-to-toe white to someone else's wedding is a sign of disrespect and is bound to raise some eyebrows.

Yes, I know these events should be about two people showcasing their love and commitment to one another and they shouldn't really be about the outfits, but come on, ladies. There are plenty of occasions that demand a white dress code — croquet matches, lawn-bowling competitions, cotillion balls — so save your colourless finery for another time.

Brides put months of work into their big day while most guests are simply expected to bring along an envelope of cash or a kitchen appliance in exchange for a free meal. Given the amount of time and effort a bride puts into finding her ideal gown, it's not too much to ask that female guests opt for colourful cocktail dresses and let her be the only one in white.

There are extenuating circumstances, of course. Pippa Middleton's show-stealing white dress at her sister's wedding was the result of an old British superstition that advises bridesmaids wear white to ward off evil spirits. And I'm sure no one said no to Jay-Z and Beyoncé when the couple asked their guests to wear white to their wedding in 2008.

Otherwise, guests should assume that all shades of cream, ivory and eggshell are off-limits.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Baby watch is a royal bore

CHRIS JACKSON/GETTY IMAGES

It's a camp-out at St. Mary's Hospital

Members of the world media are seen taking a break outside the Lindo wing of St. Mary's Hospital as the U.K. prepares for the birth of the first child of the Duke and Duchess of Cambridge.

Some journalists have been set up outside the hospital since July 1 awaiting the birth of the third heir to the throne. **METRO WORLD NEWS**

Thirst for news grows

"When Di went into hospital the photographers set up their ladders, there were around 200 of them.... But that was only when she went into hospital."

Ingrid Seward, editor of Majesty magazine and royal biographer, comparing this media frenzy to that during Prince William's birth.
Another speculator, royal author Phil Dampier, said, "I've never known anything like it in my 28 years reporting on the royals."

Twitter

Even before the palace announces the birth by bulletin and tweet, Twits were talking about it:

@piersmorgan: Things I'm very glad I've never had to do: "Royal baby watch".

@rblandford: Royal baby still not released as it has not yet reached its target on Kickstarter.

@AshleyBoorman: Come on Kate! Push the baby out in the morning. Give me a bank holiday on my birthday #RoyalBaby

A disappointing day

July 13

The supposed due date — July 13 — has come and gone. Royal commentators are complaining that the lack of information coming from the palace has called everyone to panic stations. The palace only said that the date would be sometime this month. Given the media circus that has surrounded the royal baby from the beginning, including gifts of knitted kangaroos and a deluge of dead-end tidbits from unnamed and arguably non-existent "sources," it is perhaps not so surprising that Britain's enthusiasm is beginning to flag.

It's a cat thing. Motorcycle tour held in memory of one four-legged friend

News worth sharing

Jack, a small kitten with big blue eyes, was very ill when he was rescued by the Country Cat Sanctuary a few years back.

Sadly he passed away soon after, but someone took notice. Fran Bryerton heard Jack's story from an acquaintance at the sanctuary, and wanted to help other animals avoid Jack's fate. She organized the annual Ride for Rescue Cats. "The ride is in memory of this little kitten, little Jack," Bryerton says.

Now in its fourth year, the scenic motorcycle tour raises money for the Country Cat Sanctuary. Starting at Levi Home Hardware in Almonte on July 20 with an 8:30 a.m. registration, the event includes prizes, as well as two hand-carved awards for the riders with the most pledges to take home until next year's ride.

For more information check out countrycatrescue.com.

CRAIG AND MARC KIELBURGER

Craig and Marc Kielburger are founders of the international charity and educational partner Free The Children. Email them for more information and to get involved. Send your stories to goodnews@metowe.com and we'll share them right here.

Twitter

A new study from Ohio State University says smokers cost employers $3,000 a year per employee in lost productivity. @metropicks asked: Should it be docked from their pay?

@plussizepanda: of course it should. I don't leave my office ever half hour for 10 minutes at a time!

@AlanSimpson: Maybe something more proactive? Smoking cessation options, smoking on company time guidelines, etc...would all be more effective.

@blinner56: and what's worse is if you're a non-smoker you don't get as many breaks as a smoker does.

@BourbonShot: is it not law that you get a 15 min break every 4 hours, smoker or not? Abide by that. Boom, done. Next question.

@ksawka: it's an addiction right? What if we gave alcoholics paid breaks to sneak out back for a swig from the bottle?

@TP_TV: These are called work breaks whether ppl smoke drink coffee or take a walk they are entitled to them as employees

@Jonny_EP3: as a smoker, I take the 3 breaks I am provided by my employer, just like any other employee here.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
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DVD reviews

Evil Dead

Director. Fede Alvarez

Stars. Jane Levy, Shiloh Fernandez, Lou Taylor Pucci

The really scary thing about Fede Alvarez's Evil Dead is its failure to shock. Are we now completely desensitized to movie horror? Arriving 32 years after Sam Raimi's The Evil Dead shotgunned cabin terror into indie legend, the social gulf between the two films couldn't be wider. The 1981 original parlayed geek savvy, improvised gross-out effects and inspired camera work (that swooping evil POV) into a splatterfest that appalled and delighted its Reagan-era audience. It was novel because it was so eager to go for broke. The remake misfires because it's content to play it safe, in the process losing more than just the "The" from the title. Granted, it has all the mutilation, decapitation, dismemberment, sawing, shooting, roasting, nailing, puking, burying, buzz-sawing and screaming you'd expect from an Evil Dead movie — and consider this fair warning for anyone not already versed in franchise lore. It's precisely because you expect all these things that Evil Dead inspires more tedium than terror. Extras include a director/commentary and making-of featurettes.

PETER HOWELL

Michael Cera, 25, stars in Crystal Fairy, where he plays a self-serving jerk. THE ASSOCIATED PRESS

No more Mr. Nice Guy

Crystal Fairy. Michael Cera's new character is a far cry from innocent little George Michael Bluth

MATT PRIGGE
Metro World News in New York

Before discussing his new microbudgeted film, Crystal Fairy, Michael Cera gushes about the films of John Cassavetes. He cites Opening Night, starring Gena Rowlands as an unhinged stage actress, as his favourite. But he didn't come around to Husbands — the filmmaker/actor's seething look at three friends' joint bender — right away. "The first time I watched it I felt like I was watching an acting class — actors flexing their muscles. But now I really love it."

That said, if Cera, now 25, wants to be taken more seriously as a thespian — or even shed his nice guy George Michael Bluth image — he's not being open about it. When asked about hunting for edgier fare — like Crystal Fairy, in which he's an Ugly American on a drug trip — his answer is quiet and modest. "I was just trying to find people to collaborate with who had similar sensibilities," he says. "It's one of the great things about being involved in this business, that you can meet people who are so talented, whose stuff you admire, who you can potentially work with."

After seeing The Maid, a hilariously neurotic Argentine dramedy about a grumpy housekeeper, he reached out to its director, Sebastian Silva. The two wound up collaborating on two movies. When the first, Magic Magic about a woman's (Juno Temple) descent into madness, ran into budget problems, they ran off to make the tiny Crystal Fairy in 12 days. There wasn't a script, but there was a treatment. Everything was planned but the dialogue, which Silva would sometimes feed his actors — also including Gaby Hoffmann as the titular hippie — before takes.

Cera briefly played an abrasive cokehead version of himself in This is the End, but Crystal Fairy finds Cera as a jerk at feature length. "He's pretty self-serving," he explains. "He's incapable of putting himself in other people's shoes. He's so stuck in his head and his own agenda. In terms of playing him, though, it's so much fun. You'll pretend to be nice to someone when you're just manipulating them, or just be outright rude to them."

That's a different persona for him, and a different way of working. "We'd just run the camera and film the scene, so you could really immerse yourself in that feeling," Cera says.

I like the cut of your jib

"I really like the way Michael looks. I'm really into how people look. His is such a versatile face. I feel it could be anything. I don't think I could ever work with, like, Ryan Gosling. Not that I don't like his acting, but I'm not intrigued by his looks."

Getting social. How not to be an online dummy

It's fitting that Aliza Sherman and Danielle Smith first connected in an online space. Sherman, an established author and digital marketing consultant, finally had the chance to meet Smith, a longtime television reporter, at a blogging conference in 2010. That in-person connection manifested itself in the form of the duo's first joint effort, a guide to balancing work and motherhood — Mom: Incorporated. Sherman and Smith have reunited to mark the launch of their new book: Social Media Engagement for Dummies.

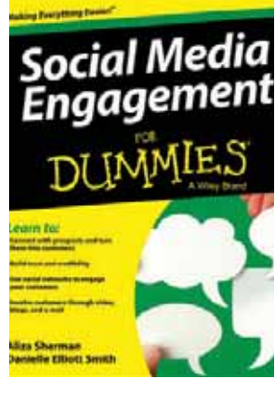
What advice do you give to people who want to develop their personal brand on social media?

Smith: One of the things I love about the book is, true to the "dummies" format, it's broken down into digestible sections about the theories and then we go into the individual platforms. Each of those individual platforms has access and community building opportunities. We hope that we made it very accessible for people.

What are your favourite platforms to use?

Sherman: Personally my favourite is Twitter. I love the speed and brevity of tweeting. As for my clients the most effective platform so far has been Facebook. As much as I adore Twitter, as a consultant I have to give my clients the right tools for them and Facebook wins hands down because of the ultra connectivity. When somebody interacts with you and your brand through your page it becomes reflected in their activity stream and it compels people to share and suddenly the application of your message is huge.

CHRIS LONGO/MWN



Making a film at the pace of a snail

Turbo. Canadian animator tread a long way from conceiving his idea of racing molluscs to getting it up on the big screen

RICHARD CROUSE
scene@metronews.ca

The Sheridan College-trained Dreamworks animator David Soren first hit on the concept of Turbo 10 years ago.

"It started as a lark," he says.

"There was a competition and I turned in the idea the night before the deadline. The Fast and the Furious with snails. That was it. It happened that it won the competition and Dreamworks bought the idea. Then it went nowhere for a long time."

While Soren worked on other projects like Chicken Run, Shrek, Shark Tale and directed a trio of TV specials based on the Madagascar film franchise, the idea of an aspirational snail with dreams of speed stayed with him.

"My six-year-old boy, from birth, came with a love of cars and racing and all things fast," he says.

"I was not a car nut or a race fan growing up but it really got me thinking about the character in different terms and that freed me up to realize that a snail really is kind of a perfect underdog.

"Nobody expects anything of them. Their lives are filled with obstacles; nobody really knows what they do, other than being gross and pesky."

The next step was character design, no mean feat when your stars are 90 per cent shell.

"In the beginning the fact that all those things that you usually rely on, like arms and legs and eyebrows (were missing meant that) we had to get more creative about how to do it. I did drawings early on of these snails with arms and it was creepy.

"It was just a matter of coming up with other viable ways for them to emote and move around."

Taking his kids to animated movies also gave him a real sense of what he wanted and, more importantly, didn't want, in Turbo.

"I find myself growing impatient with animated movies that are just a bunch of gags," he says.

"I feel like I am just going to amuse or babysit my kid. And yet by the same virtue I think it is pointless to make an animated movie that doesn't have some appeal to children.

"It has made me want to see all sides of it a bit more and find the heart, find the human story in there — that universal thing that any audience member can connect with but not lose the kids either, because they're important."

David Soren, far right, attends the Turbo premiere in Barcelona with Turbo stars Michael Pena, Samuel L. Jackson, Snoop Lion and Ryan Reynolds. GETTY IMAGES

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Turbo writer and animator David Soren

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Jenny's got a View, and I've got one too

THE WORD
Dorothy Robinson
scene@metronews.ca

I've written this column for a long, long, long time, covering celebrities who do stupid and irresponsible things. But there is no one more stupid and more irresponsible than known anti-vac personality Jenny McCarthy, who was just named the new co-host of The View on Monday morning.

"We are delighted that Jenny will be joining us as a permanent co-host on The View starting in September," Barbara Walters said in a statement. "Jenny brings us intelligence as well as warmth and humour. She can be serious and outrageous."

For her part, McCarthy said, "I'm beyond thrilled to be joining Barbara and the other amazing women at the table. I look forward to helping make hot topics a little bit hotter."

Are those hot topics whether or not you should vaccinate your children? McCarthy has claimed that vaccines cause autism to such mainstream news organizations as Larry King Live and Frontline, and has worked as a spokesperson for various, fringe anti-vaccination groups. There is absolutely no scientific evidence that vaccines — which keep our children from succumbing to terrible diseases — cause autism.

Her stance is extremely dangerous for the well-being of our children and society as a whole. It is my sincere hope that The View explicitly states in her contract that she is not allowed to spew her anti-science lies on broadcast television. My only hope is that maybe, just maybe, they're drastically changing the format of the show, and Walters and the other View girls will be contestants on a reloaded version of Singled Out.

Cory Monteith

Investigation into Glee star's death sped up

The investigation into the cause of death for Glee star Cory Monteith is being fast-tracked, Vancouver police confirm to TMZ. "Due to the intense public interest, the toxicology will be expedited," a police source says, explaining that the results should be announced in two or three days. The autopsy began Monday. Monteith was found dead in his room at the Fairmont Pacific Rim Hotel in Vancouver Saturday after missing his check-out time. He was alone and there were reportedly no signs of foul play.

Justin Bieber ALL PHOTOS GETTY IMAGES

The Bieber bus is coming, and everybody's clubbing

Justin Bieber has found an interesting way around his recent trouble with getting into nightclubs in the U.S. due to being under 21. After a gig in Indianapolis, Bieber had his tour bus pull up outside a local nightclub and just had his after-party on the curb, reportedly sending his security detail into the venue to round up girls to bring back to the bus, according to Popcrush. Guards were seen escorting three women — two blonds and a brunette — onto the tour bus, where the blinds were drawn and the party continued. Bieber never stepped foot off the bus himself.

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CHARLAINE HARRIS
DEFINITELY DEAD

Get the Wolverine body

Fitness. This summer, Hugh Jackman reprises his role as self-healing mutant Logan in The Wolverine. His trainer, David Kingsbury, tells us how he went from skinny to superhero

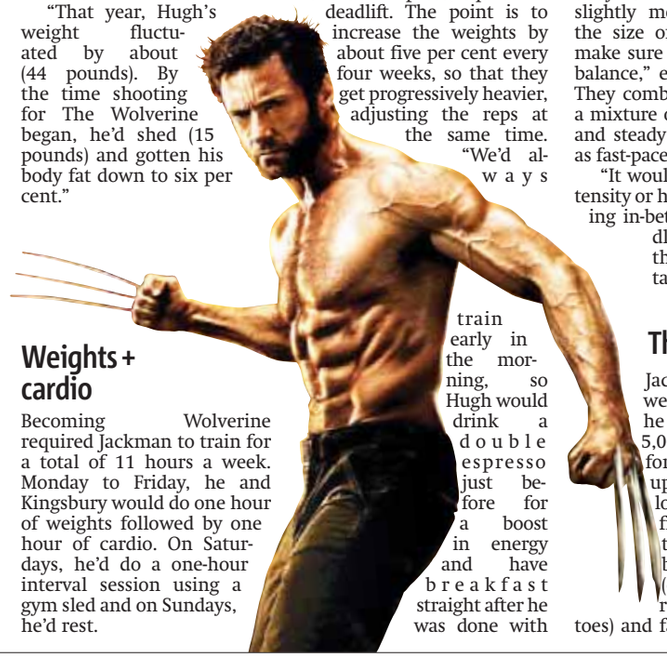
ROMINA McGUINNESS
life@metronews.ca

Hugh Jackman and his personal trainer, David Kingsbury, started getting ready for The Wolverine halfway through working on Les Misérables, for which Jackman's character, Jean Valjean (a prisoner turned wealthy merchant), had to go from looking scrawny to robust within weeks.

"In the first section of Les Miz, Hugh had to be thin. But for the second section, he had to bulk up," Kingsbury tells Metro. "That was actually quite early on, and that gave us an extra couple of months of training dedicated to The Wolverine."

Initially, they worked on building up strength and size but in the final stages they had to trim him down.

"That year, Hugh's weight fluctuated by about (44 pounds). By the time shooting for The Wolverine began, he'd shed (15 pounds) and gotten his body fat down to six per cent."



Weights + cardio

Becoming Wolverine required Jackman to train for a total of 11 hours a week. Monday to Friday, he and Kingsbury would do one hour of weights followed by one hour of cardio. On Saturdays, he'd do a one-hour interval session using a gym sled and on Sundays, he'd rest.

Jackman was put on a progressive overload weight-training plan to build up strength on basic lifts like the bench press, squat and deadlift. The point is to increase the weights by about five per cent every four weeks, so that they get progressively heavier, adjusting the reps at the same time.

"We'd always train early in the morning, so Hugh would drink a double espresso just before for a boost in energy and have breakfast straight after he was done with the exercises. We worked both the upper and lower body, doing different movements each day, in order to allow the body to recover. We focused slightly more on increasing the size of his legs, just to make sure he maintained his balance," explains Kingsbury. They combined weights with a mixture of interval training and steady state cardio, such as fast-paced walking.

"It would either be low intensity or high intensity, nothing in-between, as the middle ground stuff is the worst for maintaining muscle."

The diet

Jackman's workouts were so intense that he had to eat around 5,000 calories a day for his body to keep up. His diet included lots of protein (eggs, fish, chicken), vegetables (spinach, broccoli), carbs (oatmeal, brown rice, sweet potatoes) and fats (avocado, nuts, peanut butter, olives) but excluded all sugar, including fruit and alcohol.

"He ate protein every day, but to maximize results, we'd cycle his carbohydrates. On weight training days, his first three meals would be carb heavy and the last three would include lots of healthy fats.

On non-weight training days (Saturday and Sunday) he would skip the carbs and just have healthy fats," says Kingsbury.

Wolverine in numbers

Age.	44
Weight.	198 pounds
Height.	Six foot two
Body fat.	Six per cent
Calories/day.	5,000
Total hours of workouts / week.	11
Body.	70 per cent diet and 30 per cent training

What Hugh Jackman ate to bulk up

Meal 1

A large bowl of oatmeal with cinnamon
Six scrambled eggs with ham and spinach
Two slices of rye bread toasted with peanut butter

Meal 2

Broccoli, a 10-ounce steak, one boiled sweet potato

Meal 3

Two grilled chicken breasts with lemon and herbs, brown rice
Spinach

Meal 4

Grilled salmon
Half an avocado
Broccoli

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Don't lag on eating these snacks while you jet-set

Lifestyle. Healthy eating author offers up some tips on how to arrive alert, well-rested and geared to go on your trip

Don't sleep on these tips. ISTOCK PHOTOS

You've just touched down in Paris and the first thing you want to do is hit the hay. Sound familiar?

Don't let jet lag cause you to miss out on all that your travels have to offer, make sure to get some sleep on the plane. Michelle Dudash, author of the book Clean Eating for Busy Families says that consuming the following snacks can help you feel great upon arrival.

Dark chocolate
It can reduce levels of cortisol and catecholamine stress hormones. The higher the percentage of cacao, the better. Start with one that is 60 per cent cacao and work your way up. Darker chocolate also has less added sugar.

Carbohydrates
They stimulate the release of serotonin, your feel-good brain chemical. Opt for low-sugar granola, an apple or dried fruit.

Vitamin B6
It boosts melatonin production, a sleep-inducing hormone triggered by darkness. Order a tuna salad cup, bananas, roasted chickpeas or fortified breakfast cereal.

Melatonin
This sleepy-inducing chemical is found in dried cherries, almonds and sunflower seeds. Make a trail mix of the three

METRO

Bonus tips

Order tomato juice on the plane, since tomatoes have a high melatonin content. Pack sunglasses or an eye cover

- **High and dry.** With the drying effects of high altitudes, it's important to stay hydrated to keep fatigue, false hunger and headaches at bay upon landing. Your best bet, besides water: Dehydrated coconut. Or order orange juice for beneficial electrolytes.

Best Health

Drink up. ISTOCK PHOTOS

How to stay hydrated

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the Summer issue of Best Health we feature an article by one of our columnists, registered dietitian Sue Mah. She talks about the importance of getting enough fluids, especially in the hot summer months, when we sweat more. But not all drinks are created equal.

Healthy Choices
Water: This is the best thirst-quencher.
Flavoured water: Options such as Nestle Pure Life Splash are healthy choices if you're not a fan of plain water.
Coconut water: This contains potassium, an electrolyte we lose through sweat, as well as small amounts of magnesium, which we need for muscles and nerves.

Not-So-Healthy Choices
Fruit juice: While a cup of 100 per cent orange juice contains two servings of fruit and a day's worth of Vitamin C, it also has 110 calories and 22 grams of sugar (the equivalent of about five teaspoons).
Iced coffee drinks: A large iced mocha coffee from Tim Hortons, for example, has 330 calories and 31 grams of sugar (about six teaspoons).

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You say potato, I say cake

1. Heat oven to 180 C (350 F). Lightly grease a 33-by-23-cm (13-by-9-inch) baking pan and dust with cocoa powder. Remove excess cocoa powder and set aside.

2. In a bowl, whisk water into mashed potatoes until mixture is smooth.

Ingredients

- 250 ml (1 cup) mashed hot Yukon Gold potatoes
- 250 ml (1 cup) lukewarm water
- 150 ml (2/3 cup) butter, softened
- 500 ml (2 cups) brown sugar
- 5 ml (1 tsp) vanilla extract
- 4 eggs
- 500 ml (2 cups) all-purpose flour
- 175 ml (3/4 cup) cocoa, plus extra for dusting pan
- 11 ml (2 1/4 tsp) baking powder
- 2 ml (1/2 tsp) baking soda
- Pinch salt
- 175 ml (3/4 cup) semi-sweet chocolate chips
- Icing sugar or icing (optional)

Potato Chocolate Cake

This recipe serves 12 to 16. THE CANADIAN PRESS H/O

3. In a separate large bowl and using an electric mixer, beat butter, brown sugar and vanilla for 4 to 5 minutes until light.

4. Add 2 eggs and mix until blended, scraping down sides of bowl; add remaining eggs and potato mixture, and mix until blended.

5. In another bowl, sift flour, cocoa, baking powder, baking soda and salt; stir to combine.

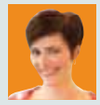
6. At low speed, alternate adding sifted dry ingredients with potato mixture until incorporated. Fold in chocolate chips.

7. Place batter in prepared pan; smooth out top. Bake for 30 minutes or until cake springs back when pressed lightly and begins to pull away from the sides of the pan.

8. Let cool in pan on a rack. Sift icing sugar over cake or spread with icing. THE CANADIAN PRESS/ PRINCE EDWARD ISLAND POTATO BOARD

Health Solutions

There's an app for that (guest)



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Entertaining season is here and you are sure to have one vegan, two vegetarians, a few gluten-frees, a handful of no-carbs and perhaps a lactose-y or two over to mess with your menu.

How are you supposed to feed them all? Here's an appetizer cheat sheet that can be mixed and matched to serve every palate and pickiness.

The healthy and delicious process is simple: mix together equal parts mild mustard and yogurt (or vegan mayo) and store it in a squeeze bottle in the fridge up to two weeks. It is your "glue". Then choose one item from the savoury list as your base, squeeze a drop of glue and top with one sweet item, et voila! It's a combo platter to suit each one of your fussy friends.

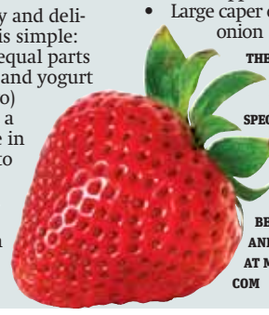
Smile pretty, now.

Savoury

- Cube of feta
- Cube of blue cheese
- Cube of cheddar
- Basil leaf
- Cube of cooked pancetta
- Zucchini Slice

Sweet

- Half a pitted date
- Pecan half
- Strawberry half
- Dollop of chutney
- Slice of apple
- Large caper or pickled onion



THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Reason number 308: I wouldn't let him ride the wiener dog

Reasons My Son is Crying. Humorous blog turned book has given self-deprecating parents everywhere a new outlook and some comic relief

ALISON BOWEN
Metro World News in New York City

Greg Pembroke's son was having a meltdown in a museum. Over cheese. A piece of cheese, torn down the middle.

"My oldest son just started to wail in the middle of this museum," he remembers. "I'm like, well this is so over the top. That stuff happens all the time when you've got a kid."

The Rochester, N.Y., dad of two snapped a pic of his son's tear-strewn face, posting it to Facebook in an album that became a blog that spawned a book.

The creator of the Reasons My Son is Crying Tumblr blog, which recently went viral, is now penning the book. Parents from all over the world flooded him with submissions of their bawling babies, from New Jersey kids tumbling out of a hammock to a Chinese baby upset with his Superman outfit.

"It's really funny to have accidentally found something that everybody can relate to," Pembroke says.

Posting pics can be a parenting coping mechanism, he adds.

"It's easy to get bogged down and feeling upset about all the times your kid's crying, because it makes you feel like a failure," he explains. "Parents are wired to think that if your kids aren't happy all the time, that you're failing. It doesn't mean you're a bad parent just because you have to carry your kid screaming out of Disney World on your shoulder, crying the whole way. Which I did in May."

The 33-year-old dad told us about posting pictures as parenting therapy.

Savour this time

"I know right now that I'm going to miss this (phase) when they're out of it, and I think it's a reminder to me to just kind of laugh about the insanity.

Greg Pembroke, blog creator and author of Reasons Why My Son is Crying

What was it like to have pictures of your kids go viral?

It was so crazy. After (it appeared on Reddit), it started to spread so quickly. ... It's a little weird because, it's easy to say this now, but we are pretty private. That week on the MSN homepage, there was a picture of LeBron James, Margaret Thatcher and my one-year-old. It was absolutely surreal to see. It's a little overwhelming initially, but the feedback was so overwhelmingly positive. ... I think someone has visited my blog from every country in the world, except maybe North Korea. You can't win them all.

Believe it or not, most parent will actually miss the unnecessary crying phase their toddler goes through. ISTOCK

Why do you think this has struck such a chord?

In general, the people that get it are people that have normal, healthy toddlers; who have been around kids. This is a phase they go through. It's going to happen. … Kids are going to cry. You can either pull your hair out, or you can say, "This is a little bit ridiculous."

How has this helped you in your own parenting?

It helps you see the humour side. This is a stage in childhood development. I know right now that I'm going to miss this when they're out of it, and I think it's a reminder to me to just kind of laugh about the insanity. It's not always going to be this way. When they get older, they're going to have problems that aren't always as easily laughed off, and I think then I'm going to be a bit nostalgic.

Are you over-insured? Read the fine print

Don't rely on an agent. Read your policy carefully to avoid being under or over-insured. ISTOCK IMAGES

YOUR MONEY
Alison Griffiths
money@metronews.ca

Are you covered? By insurance I mean. Recent floods in Alberta and greater Toronto and, of course, the tragic train derailment in Lac-Mégantic makes one wonder about protection from what life and nature throws at us.

It isn't exactly an exciting topic. As Woody Allen once said, "There are worse things in life than death. Have you ever spent an evening with an insurance salesmen?"

Insurance policies are so utterly tedious with their teeny tiny print and labyrinth-like wording. Consumers rarely read or understand them thoroughly. And even if you do, who is going to remember whether you have sewage back-up protection years after taking out an initial policy? Or for that matter, who notices if coverage has been amended over the years, which frequently happens?

The same is true of most manufacturer's warranties and extended coverage on purchases such as appliances. In fact, many people don't read the warranty before shelling out for (usually) unnecessary extended warranties.

I purchased a digital recorder this year and the salesman almost talked me into additional "bumper to bumper" insurance.

I read the manufacturer's warranty first and discovered that virtually everything offered by the extended warranty was already covered by the manufacturer. Had I read the document after buying extended coverage I would have been seriously annoyed.

This brings me to my new Frigidaire washer and dryer. The previous set, from the same manufacturer, lasted 20 years. I didn't read the new warranty, as the old duo had been such workhorses.

Rust has just appeared on the washer. Turns out that just about every peril is covered, except for rust. In this case the extended warranty, which did cover rust, would have been a good idea.

When accidents, incidents or disasters occur there are always going to be surprises about the extent of insurance or warranties. Even more so these days as insurance pervades our lives, from credit card balance protection to automobile liability.

Avoid being under or over-insured by taking the time to read each policy both at initial application and renewal. Don't rely on what a salesperson or agent tells you. So much depends on it.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

In storage

Insurance is not legally required for vehicles in storage. Comprehensive insurance covering fire and theft is optional.

Managing money from wedding bells and beyond

A wedding is a joyful life milestone, but for many it comes with a big price tag. The stress, not to mention the cost, of wedding planning can be a challenge. Successful couples need to discuss finances together.

Establishing good financial habits while planning for your wedding can start you down the path toward a successful financial future together.

"A wedding may be the biggest expense you've ever planned and saved for together. It's a great opportunity to start 'money talks' which should continue throughout your marriage," says Sandy Cimoroni, president at TD Mutual Funds and Executive Sponsor of TD's Women Investor Program.

Cimoroni shares three common mistakes couples make when it comes to managing money, and how to overcome them:

Failing to communicate.
Discuss how you'll pay for any wedding-related expenses — from the venue, to flowers, to cake, and everything in between. Beyond just your wedding, you should be open and willing to talk about money and learn about each other's financial history and views about money.

Not having a budget or financial plan
Many couples don't take the initiative, or wait too long to write down their short, medium and long term goals. Work together on your finances beyond the wedding day. Discuss and establish goals, keep track of your spending, and make the "money talk" an ongoing conversation.

Being on a different page when it comes to finances
You and your partner may have different attitudes about money; one person may be a saver, the other a spender. Acknowledge your differences and take advantage of each other's strengths to successfully manage your money as a couple.

"Open communication starting in the early stages of marriage — and even before — helps you stay on the same page about your combined financial goals and strategy," adds Cimoroni.

NEWS CANADA

A wedding is a big expense. It's the perfect time to start 'money talks'. ISTOCK IMAGES

Kids conquer MLB's Midsummer Classic

They grow up so fast.
Harper, Machado and Trout headline baseball's all-star youth movement

Washington Nationals outfielder Bryce Harper swings during the home run derby on Monday night at Citi Field in New York. Harper had eight first-round home runs, averaging 415 feet. Go to metronews.ca for more all-star coverage. ELSA GETTY IMAGES

Flip on any highlight show and you're almost sure to see them, with those peach-fuzz faces and boyish features beneath their big league caps.

Mike Trout makes a diving catch on the warning track.

Manny Machado whacks another double into the corner at Camden Yards.

Bryce Harper belts a tape-measure home run or barrels into a catcher ... or an outfield fence ... or whatever stands in his way.

The next generation of baseball stars are here and they're changing the complexion of the game.

"These guys are coming up now with incredible talent, these young players," National League manager Bruce Bochy said Monday at Citi Field, where the New York Mets are hosting the All-Star Game. "I think they are just getting better, faster, bigger, stronger still, and it's impressive to watch."

No kidding.

Trout and Harper, the Rookies of the Year last season, are making their second trip to the All-Star Game. This time, they will start Tuesday night after getting elected by fans.

Some of baseball's best players are among the youngest on the field. Night after night, they put up unprecedented numbers and turn in spectacular plays.

"It's good for the game," Trout said. "A lot of young guys are playing fearless and making a name for themselves at an early stage in their career."

Harper is 20, and Trout is all of 21. Barely old enough to vote, let alone buy a drink.

Machado has spent less than a year in the majors, but that didn't stop him from earning his first all-star selection on his 21st birthday.

"In today's era, young dudes are getting better and more prepared to come up to the big leagues," said Orioles teammate Adam Jones, an all-star himself. "It's just an improvement in the game. These young dudes are phenoms, and he's put his name up there."

Machado was voted in by players, a significant sign of respect from his peers.

He certainly deserved it at the power-packed third-base position after hitting 39 doubles in the first half, threatening the single-season record of 67 set by Earl Webb in 1931.

"Swing and hit the white ball coming at you. That's all it is," Machado said. "There's no secret to it."

THE ASSOCIATED PRESS

Changing of the guard

12

There are 12 all-stars this season 24 or younger, seven in the NL. That's the most since a dozen were selected in 1993, according to STATS — a group that included Ken Griffey Jr., Mike Piazza, Gary Sheffield, Mike Mussina and Juan Gonzalez.

Grown Manny

"He's probably more mature than I am, and I'm 27."

Baltimore all-star Adam Jones on 21-year-old teammate Manny Machado.

Welcome back to Russia

Kovalchuk signs with KHL team

Russian team SKA St. Petersburg says it has signed forward Ilya Kovalchuk to a four-year contract.

Last week, Kovalchuk walked away from $77 million left on his 15-year contract with the New Jersey Devils.

SKA did not disclose the terms of the deal with Kovalchuk in its statement Monday.

Kovalchuk scored 417 goals and added 399 assists in 816 NHL games.

THE ASSOCIATED PRESS

No pity party here

"No one is going to feel sorry for you, the New Jersey Devils."

Devils head coach Pete DeBoer on Ilya Kovalchuk's decision to retire from the NHL and return to Russia.

NHL

Hextall returning to NHL roots in City of Brotherly Love

Ron Hextall is back with the Philadelphia Flyers, joining a long list of former players in the front office.

The former Flyers goalie on Monday was named assistant general manager and director of hockey operations, leaving the Los Angeles Kings where he was president and assistant general manager.

THE ASSOCIATED PRESS

MLB. Mets' Harvey to get all-star start at home field

Mets ace Matt Harvey will start Tuesday night's All-Star Game on his home mound at New York's Citi Field, and the Detroit Tigers' Max Scherzer will open for the American League.

Harvey will be the first pitcher from the host team to start an All-Star Game since Houston's Roger Clemens in 2004 and just the 11th overall.

The 24-year-old also becomes the youngest all-star starting pitcher since the Mets' Dwight Gooden in 1988, when he was 23. THE ASSOCIATED PRESS

Mets pitcher Matt Harvey will start the All-Star Game on Tuesday night at CitiField in New York. GETTY IMAGES

Supplements seized

Italian police raid sprinters' rooms

Italian police raided the hotel where Jamaican sprinters Asafa Powell and Sherone Simpson and a Canadian trainer were staying Monday after the two athletes tested positive for banned stimulants. Rooms of the athletes and physical trainer Christopher Xuereb were searched and drugs and muscle supplements were seized, Udine police captain Antonio Pisapia told The Associated Press.

THE ASSOCIATED PRESS

NBA. World Peace's career to continue at home in N.Y.

Metta World Peace is coming home to play for the New York Knicks.

The Knicks said the contract has not been signed but an agreement has been reached.

"The team is amazing, the players. I'm excited to play and hustle," World Peace said Monday.

"Yes, this is going to happen," World Peace's agent, Marc Cornstein, said. "He's really excited to be joining his hometown team."

THE ASSOCIATED PRESS

Metta World Peace GETTY IMAGES

Horoscopes

♈ Aries
March 21 - April 20
It's time to heal a rift with family members and get things back to how they used to be. The Sun in Cancer will make it easy for you to remind everyone that you are on the same side.

♉ Taurus
April 21 - May 21
By all means, speak your mind today but make sure what you say is backed up by the facts. If you play fast and loose with the truth now, you could regret it next weekend when Mercury turns direct again.

♊ Gemini
May 22 - June 21
You will be making some pretty big decisions over the next few days, so make sure you look confident even if you don't feel it inside. Others will take their cue from you.

♋ Cancer
June 22 - July 23
This is a time for action. Outstanding cosmic activity in your birth sign means you are ready to take on the world. The only thing that might hold you back is if you don't believe it.

♌ Leo
July 24 - Aug. 23
You seem to be looking over your shoulder a lot at the moment, but why? Be careful by all means today but don't let your fears get out of hand. Chances are there's no one out to do you harm.

♍ Virgo
Aug. 24 - Sept. 23
If you are involved in some kind of cause, others will rally round your flag. And if you're not, perhaps you shouldconsider getting involved. Make the world a better place.

♎ Libra
Sept. 24 - Oct. 23
Don't worry that you don't have the expertise to do a particular job. Once you have started, you will quickly learn what needs to be done. Other people know what you are capable of, but do you?

♏ Scorpio
Oct. 24 - Nov. 22
If you would like to get away, if you would like to leave the daily grind behind you and go some place where the fun never stops, now is the time to pack your bags.

♐ Sagittarius
Nov. 23 - Dec. 21
Cosmic activity in the wealth area of your chart means you have no choice but to make changes that will affect how much you earn in the future. You should have started earlier, but better late than never.

♑ Capricorn
Dec. 22 - Jan. 20
The Sun in Cancer at this time of year means loved ones have a huge influence on how you think and feel. But just because they get emotional does not mean you have to get emotional too.

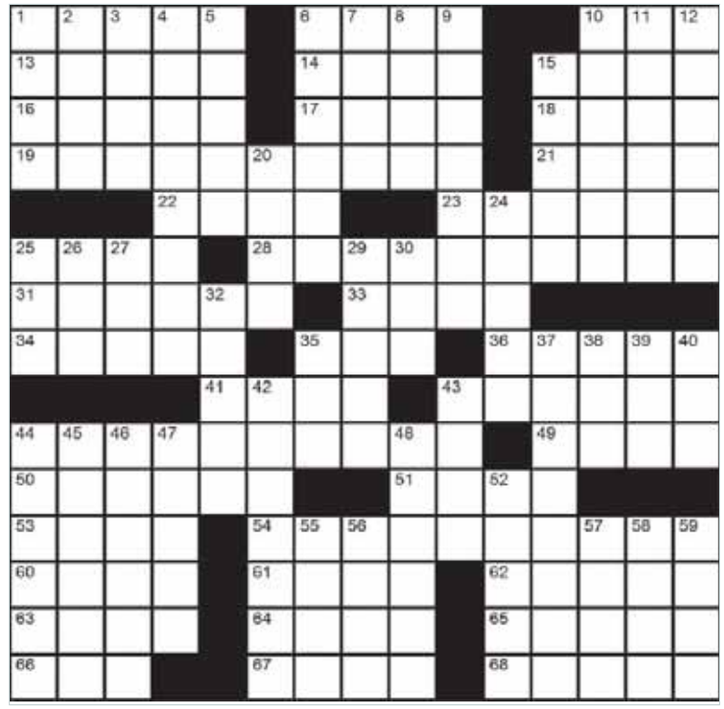
♒ Aquarius
Jan. 21 - Feb. 19
Plan what you have to do with as much care as possible. If you can do that then you will sail through the challenges of the next seven days. The big picture is important, but so are details.

♓ Pisces
Feb. 20 - March 20
You can let the world in on the secret plans you've been making. Some will be happy, other will be dismayed but what matters is you're making things happen. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



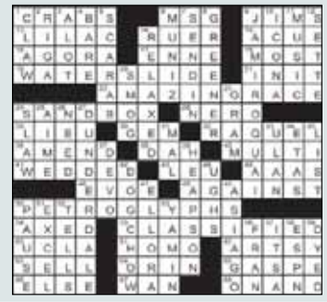
Across

1. Ex-Pres. Bill Clinton's nickname
6. Entr'__ (Theatrical interlude)
10. Looney Tunes 'Devil', cutely
13. "It's __ __ to you now."
14. Mr. Griffin
15. London, England's __ Park
16. Summery drink
17. Eurythmics' "Would _ ___ to You?"
18. Take down __ (Humble): 2 wds.
19. Prime Minister's country retreat, __ Lake
21. 'T' in TV
22. Prefix with 'logical'
23. Neet user's temporary result: 2 wds.
25. Thunderstruck
28. Navigation instruments of yore
31. Profession
33. Bob Hope book, _ __ Russia $1200
34. Gawk
35. Fitting
36. Pacific __
41. Party inviter's request [acronym]
43. Neat ___ _ __ (Tidy)
44. Blake Lively TV series: 2 wds.
49. Marcel Marceau's job title
50. "The Talented Mr. __" (1999)
51. Each: 2 wds.
53. Mixed collection
54. Children's book by Mordecai Richler, Jacob Two-Two Meets the __ __
60. Hue
61. Mythical Hun king
62. Ms. Carter of "Designing Women"
63. Pegs on the green
64. Warren Beatty/ Diane Keaton movie
65. Mr. Estrada's
66. Alternatives
67. Dine-and-__
68. Machine button, perhaps

Down

1. Shindig
2. Uma Thurman's character in "The Producers" (2005)
3. Brit-pop group
4. Certain commuter; or, The Guess Who song: 2 wds.
5. Greenfly, for one
6. Martin Short comedy, "'Three ___!" (1986)
7. Gael, for one
8. Bee Gees, for one
9. Barry Manilow hit: 2 wds.
10. Rare blood, ___ _
11. Antarctica penguin
12. Canadian actor Kevin who played Damian Daalgard on #44-Across
15. Type of yoga
20. At hand
24. Margarines
25. House temp. coolers
26. Temple in Cambodia, Angkor __
27. Time
29. Ms. Hedren, Melanie Griffith's actress mom
30. Decompose
32. Uncanny
35. Dow Jones Ind. __.
37. Ghost stories telling spot
38. Prefix to 'centre'
39. Purpose
40. Opposite SSW
42. 1996 Leslie Nielsen comedy: 2 wds.
43. Mont Blanc, par exemple
44. Cave
45. More greasy
46. Backs
47. Casino games
48. Salad ingredient
52. Stranger
55. Cup _' __ (Hot drink, informally)
56. Alberta town
57. Foe of the Allies in World War II
58. Adidas competition
59. Liza Minnelli's ex-husband David

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	2		7		5		4	
9								7
		8		1		2		
	9	7		3		6	8	
	1			8			2	
	8	4		2		5	9	
		6		9		4		
8								5
	4		8		6		3	

Yesterday's Sudoku

2	7	4	9	6	3	8	1	5
5	3	9	8	1	4	2	7	6
1	8	6	2	5	7	4	3	9
4	5	8	3	7	1	6	9	2
7	2	1	5	9	6	3	8	4
6	9	3	4	8	2	1	5	7
8	6	5	1	2	9	7	4	3
3	1	2	7	4	5	9	6	8
9	4	7	6	3	8	5	2	1

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